

## • The Counselling Centre

- helps you with the application process for the rehabilitation,
  - assists you to select a rehabilitation clinic that is suitable for your needs and
  - prepares you for your rehabilitation.
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- Here you can find the counselling centres near to your home:  
[www.muettergenesungswerk.de](http://www.muettergenesungswerk.de)
  - Here you can find further information:  
[www.awo-gesundheitsservice.de](http://www.awo-gesundheitsservice.de)

For single parents and those in need, there are allowance opportunities through AWO Bundesverband. Ask your counselling centre!

In Germany there are over 1000 counselling centres associated with AWO, Caritas, Diakonie, the German Red Cross (DRK) and Paritätischer Wohlfahrtsverband.



There are also options for father child rehabilitations and for people who are nursing family members. Ask us for more information!

**The federally funded migration service MBE supports you in establishing contact with a counselling centre.**



Gefördert durch:



aufgrund eines Beschlusses des Deutschen Bundestages

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**AWO Bundesverband e.V.**

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Bundesverband e.V.



Recharge your energy  
Boost your health  
Learn new things

*Why not attend a mothers' or a mother-child rehabilitation?*

HEALTH & MIGRATION

## ◉ Why is a mother-child rehabilitation the right thing to do for me?

If you always have to be there for your family, manage your household all alone and have to take care of your children and/or for a sick family member as well, you will need a break from your daily exhausting routine.

Inevitably, you will reach your limits and you may end up with health problems.

## ◉ What can I expect from a mother-child rehabilitation?

*You will finally have some time for yourself. You are relieved of the daily stress with your family. You will have some interesting exchange with other mothers. You will exercise and learn new things about nutrition and childcare, etc.*

A mother-child rehabilitation is a special health care service for medical prevention and rehabilitation.

**The Reha normally lasts for three weeks.**



## ◉ Step by Step Guide to the Rehabilitation:

1. You are often exhausted and suffer from stress and insomnia. You have health problems such as cardiovascular conditions, obesity, diabetes, headaches or back pain, or other complaints.
2. You can get free advice at a counselling centre.
3. Your family doctor will issue a medical prescription for the retreat.
4. Your children will accompany you during the rehabilitation. In the case that a child is sick, a doctor's certificate will be required.
5. The costs of there rehabilitation will be covered by the health insurance for you and your children. You usually will have to pay a small co-payment. The counselling centre service will help you with your application.
6. After you are back from your rehabilitation there will be on-the-spot offers for you. Your counselling centre will be glad to help you!



## ◉ What's in it for Mothers:

- Individual therapy plan
- Medical treatments and therapies
- Physiotherapy for exercise and relaxation
- Psychosocial mentoring

## ◉ What's in it for Children:

- Having fun and playing games in the nature
- Pedagogical care of the children
- supervision for their homeworks

In the case that your child is sick, they will receive their own therapy and medical treatment.

You will spend your free time and weekends together with your children.

